


January Menu - Urbana Senior Center

301-600-7020

UrbanaSeniorCenter@FrederickCountyMD.gov

www.FrederickCountyMD.gov/aging

The meal is served at Noon. Reservations must be made at least 48 hours in advance.
\$4.68 per person per meal. Milk, juice and bread are offered each meal. **Menus are subject to change.**

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>
2 Center is Closed Enjoy the holiday	3 Baked Chicken Quarter Yellow Rice Pilaf Seasoned Kale Greens Mandarin Oranges	4 Roast Pork Loin w/Gravy Cut Sweet Potatoes Green Beans Applesauce	5 Italian Sausage Sub Mozzarella Cheese Tuscan Bean Salad Tossed Salad w/Ranch Blueberry Crisp
9 Split Pea Soup Turkey Sandwich w/Provolone Cheese Lettuce & Tomato Tropical Fruit	10 Meatloaf w/Gravy Mashed Potatoes Steamed Carrots w/Dill Pickled Beets	11 Roast Turkey Sandwich Cheddar Cheese Lettuce & Tomato Potato Salad Cole Slaw Fruit Cocktail	12 Lunch with Nurse Steve Vegetable Soup Sloppy Joe Fresh Broccoli Slaw Apple Crisp
16 Center is Closed Enjoy the holiday	17 Chicken Breast Picatta Parslied Noodles Peas & Carrots Mandarin Oranges	18 Hamburger w/Cheddar Cheese Lettuce & Tomato Baked Beans Fresh Cucumber Salad Peach Crisp	19 Winter Blahs Luncheon Stuffed Chicken w/Gravy Mashed Potatoes Sauerkraut Peas Apple Pie ala mode
23 Chicken Cacciatore Peppers/Onions/Mushrooms Steamed Brown Rice Mandarin Oranges	24 Turkey Burger w/Swiss Cheese Lettuce & Tomato Mixed Baked Beans Apricots Blueberry Crisp	25 Bourbon Raisin Ham Sweet Potatoes Fresh Coleslaw Sliced Peaches	26 Center is Closed The Department of Aging Offices and Senior Centers are closed
30 Meatball Sub Shredded Cheese Italian Tomato Basil Salad Tropical Fruit	31 Baked Potato Baby Spinach w/Ranch Chili Con Carne Shredded Cheese Applesauce		

Urbana Senior Center

Congregate Meals Information

Dates and Times

Monday-Thursday (excluding holidays)
Meals served at Noon

Reservations/ Cancellations

Reservations must be made at least 48 hours in advance.
Cancellations may be made up to 24 hours in advance.
Register in person at the Center or call 301-600-7020.

Cost

The current cost is \$4.68 per participant per meal.
The Department of Aging must pay for every meal that has been reserved. All meal participants under the age of 60 must pay the full price. Seniors who are 60 years old or older are encouraged to donate as much as they are able up to the full cost of the meal.
A donation is expected to cover the full cost of any meal that is reserved and is not cancelled in advance.

Payment

Checks should be made payable to "Frederick County Department of Aging".
Cash is also accepted but it must be for the exact amount; staff members are not permitted to make change.

Menus

Menus are published monthly. They are available the last week of the previous month. They are also published online at www.FrederickCountyMD.gov/doa . The menus are subject to change.

Transportation: Monday-Thursday

Seniors needing transportation to the Urbana Senior Center for the meal program must call the Senior Center at least 48 hours in advance 301-600-7020. Seniors will be picked up at their homes between 9:45 and 11:00 am. They will be returned to their homes between 1:30 pm and 2:30 pm. Seniors will be given a more accurate pick-up time once routes and number of passengers is established. The cost for transportation is \$2 per round trip. Transportation is limited to the immediate area.

Inclement Weather

If Frederick County Schools are closed due to inclement weather, the congregate meal, the transportation program, and the Home Delivered Meals for that day will be canceled.